

Spread Your Team Spirit, Not Your Germs



WASH YOUR HANDS



Wash your hands frequently with soap and water for 20 seconds. You can use alcohol-based hand sanitizer if hands are not visibly dirty or soap and water is not available.



SHOWER AFTER SPORTS



Remember to shower after participating in sports activities or after sharing sports equipment.



DON'T SHARE HYGIENE ITEMS



Never share personal hygiene items including soap, towels, brushes, or clothing.



KEEP IT COVERED



Keep all cuts, scrapes, wounds, and burns clean and dry.



KEEP IT DRY & CLEAN



Keep all wounds properly covered with a bandage until they heal.



STAY HOME WHEN SICK



Stay home when you have fever, vomiting, or diarrhea. Don't go to practice or games when you are sick.

Adapted from materials created by the American Academy of Pediatrics.